

THE BODY IS A TEACHER OF SURRENDER.

The body is a ruthless teacher. My illness was a relentless teaching

Beyond survival Into the realm of mind and spirit.

First it came for my body And turned my physical life inside out.  
Everything I had consumed before my teacher arrived Was suddenly  
Like poison, setting me on fire And dragging me down Into confusion.

Then it came for my emotion And it tore me open And smashed down  
all the walls I had hidden behind All my life. It was like a dam burst open  
And pain poured out.

Next it came for my mind And it took a blade to Every belief in anything  
I had ever had. It dug at the very foundations of my self And I fell into  
the void As if dead.

And then it came for my spirit And it taught me Love without condition,  
Without reason and without cause. It taught me to let go When I hold  
on And most of all it taught me the great irony Of being in the world  
but not of it.

Don't let anyone tell you the body isn't spiritual. The body is your guru. It  
teaches us all, one way or another, sooner or later I am still grateful for  
my teaching, And not a day goes by I am not reminded of it.

My guru goes with me always and everywhere.

@KavijiPoet

